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# INFORMATION FOR THE PRESS



## U. S. DEPARTMENT OF AGRICULTURE OFFICE OF INFORMATION PRESS SERVICE



WASHINGTON, D. C.

RELEASE FOR PUBLICATION  
AUGUST 3, 1932 (WEDNESDAY)

### THE MARKET BASKET

by

The Bureau of Home Economics, U. S. Department of Agriculture

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### FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

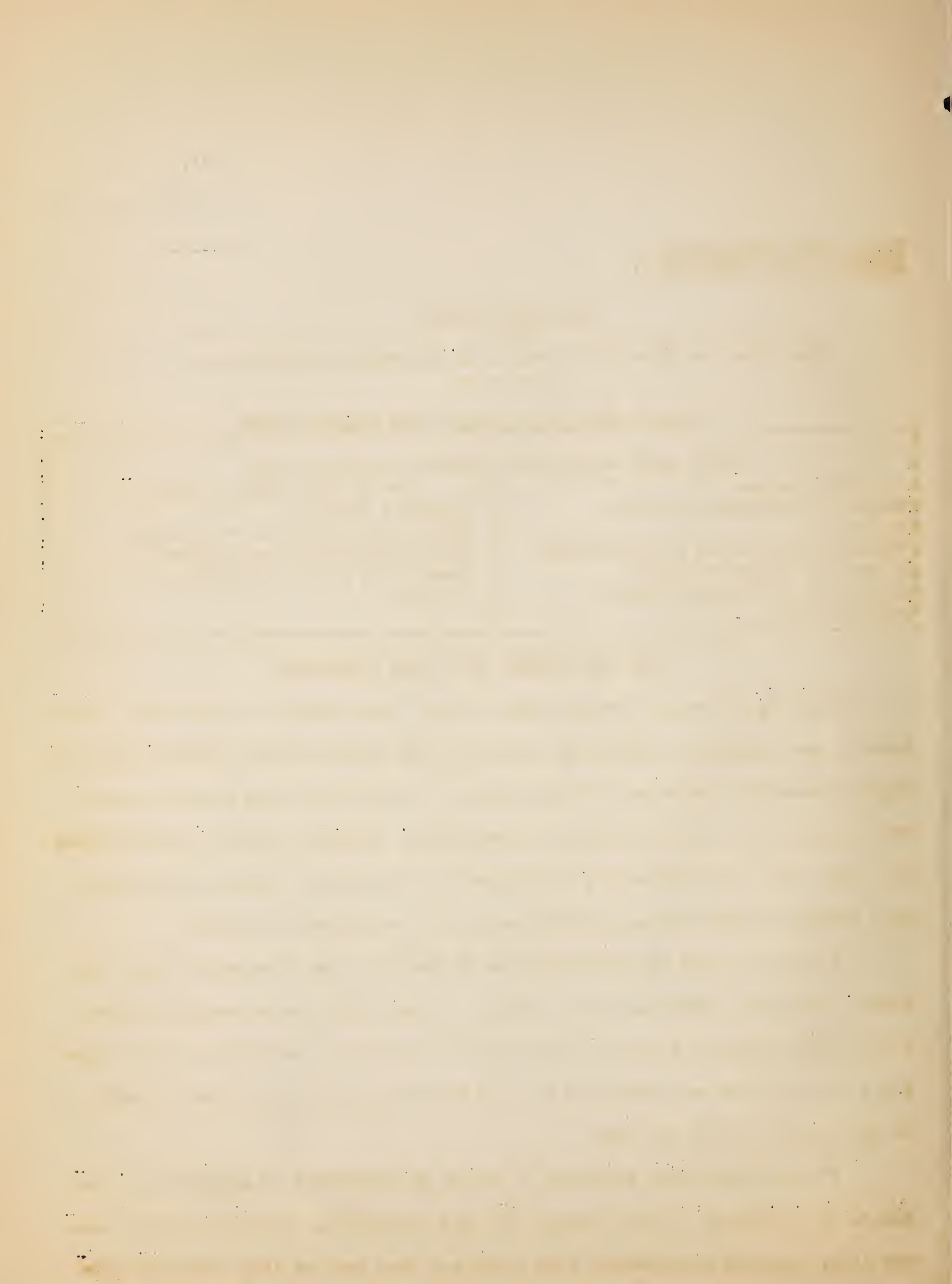
:	:
:	:
: Every meal --	: Milk for children, bread for all
: Every day --	: Two to four times a week --
: Cereal in porridge or pudding	: Tomatoes for all
: Potatoes	: Dried beans and peas or peanuts
: Tomatoes (or oranges ) for children	: Eggs (especially for children)
: A green or yellow vegetable	: Lean meat, fish, or poultry or
: A fruit or additional vegetable	: cheese
: Milk for all	:

### VARY THE COOKING OF SUMMER VEGETABLES

This is the season for home grown food. Home gardens are producing, local markets are displaying vegetables and fruits from nearby market gardens. Just the right hot-weather foods; and not the season, one might suppose, when the housewife is hard put to it for variety on her table. In many families, however, there may arise just that difficulty; particularly in the family that has been living on a restricted diet for many months because it can afford no better.

One way to meet the difficulty is to find new ways to serve the same old foods. Potatoes, tomatoes, corn, cabbage, beans, cucumbers, onions, egg plant, beets, green peppers, squash -- how can they be made to seem different and tempting in hot weather? -- especially to a family which may have to depend chiefly on just one or two of the lot?

The Bureau of Home Economics of the U. S. Department of Agriculture, although it recommends a short cooking time for vegetables, especially on hot summer days, suggests nevertheless that a day may come now and then when for vari-





ety's sake certain oven dishes may solve this question without too much heat or expense. Baked tomatoes, baked cucumbers, baked egg plant, baked onions, baked peppers, each with stuffing of breadcrumbs or rice or other cereal, and perhaps chopped meat or cheese -- these will cook in 30 to 45 minutes in a moderate oven. There is no better way to conserve the food values of these vegetables than by baking, and the baked vegetable can be not only an attractive but a very substantial dish. It can thus furnish the needed calories without adding much to the body heat.

Another oven dish desirable now while eggs are cheap is the vegetable soufflé. This is a most attractive way, the bureau points out, to utilize left-overs of tomatoes, spinach, cauliflower, corn, asparagus, sweetpotatoes, or almost any other vegetable. The soufflé is made from a foundation of seasoned vegetable pulp, mashed or finely chopped, and thickened if necessary to approximate the consistency of thick white sauce. Use 1/2 cup of the pulp to 3 eggs. To combine, stir the yolks into the vegetable pulp and then fold into the beaten whites. The mixture is baked in a slow oven until set.

A mixture of left-over vegetables also makes an attractive scalloped dish. Snap beans, carrots, turnips, squash -- put two or more of these or other vegetables in a shallow baking dish, with thin white sauce to which cheese has been added, cover with buttered bread crumbs and bake in a moderate oven until the sauce bubbles and the crumbs are brown.

Panning is another cookery method highly recommended by the bureau because it retains all the food values of the vegetable and is quick. Panned cabbage, for example, or panned okra, is cooked with a little fat and without water in a covered frying pan, on top of the stove, where the vegetable is in fact steamed in its own juice. Cabbage may be panned, with another variation. After cooking 5 or 10 minutes in a little fat, a teaspoon of flour may be sifted over the cabbage, a cup of milk added and the mixture stirred until thickened.



For tomatoes the variations are numerous and cucumbers can be cooked in several ways that few people ever think of. Stuffed and baked, for example, or fried, creamed, or stewed with tomatoes, they seem like a different vegetable altogether from the crisp white slices that appear in a raw salad. Tomatoes broiled on toast with bacon, baked tomatoes and ham, baked eggs in tomato cups, baked tomatoes, stuffed or not, broiled tomatoes, tomatoes stewed with celery, with cabbage, with corn, with cucumbers, tomato jelly salad, and any number of salads, with raw tomatoes in combination-- the tomato list is so long that some of the variations may have slipped the mind of the cook, and she may like to be reminded of them.

WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE  
including two adults and three children

Bread . . . . .	12 - 16 lbs.
Flour . . . . .	1 - 2 "
Cereal . . . . .	4 - 6 "
Whole fresh milk, or . . . . .	23 - 28 qts.
Evaporated milk . . . . .	23 - 28 tall cans
Potatoes . . . . .	15 - 20 lbs.
Dried beans, peas, peanut butter . . . . .	1 - 2 "
Tomatoes, fresh or canned, or citrus fruits . . . . .	6 "
Other vegetables (including some of green or yellow color) and inexpensive fruits . . . . .	15 - 18 "
Fats, such as lard, salt pork, bacon, margarin, butter, etc. . . . .	2½ "
Sugar and molasses . . . . .	3 "
Lean meat, fish, cheese, and eggs . . . . .	5 - 7 "
Eggs (for children) . . . . .	8 eggs

MENU FOR ONE DAY

Breakfast

Cooked Cereal - Toast  
Tomato Juice (youngest children)  
Coffee (adults) - Milk (children)

Dinner

Sliced Summer Sausage  
Crisp, sliced Cucumbers, or Fried  
Cucumbers  
Okra, Tomatoes, and Rice

Supper

Stuffed Egg Plant  
Garden Lettuce with Salt, Pepper,  
and Vinegar  
Dutch apple or Dutch peach Cake, hot



The first part of the report is devoted to a description of the  
 work done during the year. It is divided into two main sections,  
 one dealing with the general results of the work, and the other  
 with the details of the experiments. The first section is  
 devoted to a description of the work done during the year,  
 and the second section is devoted to a description of the  
 details of the experiments.

# SUMMARY OF THE WORK DONE DURING THE YEAR

1.	General results of the work.
2.	Details of the experiments.
3.	Conclusions.
4.	References.
5.	Appendix.
6.	Index.
7.	Tables.
8.	Figures.
9.	Notes.
10.	Summary.

The following table gives a summary of the work done during the year.

Table 1.

Table 2.

Table 3.

Table 4.

Table 5.

Table 6.

Table 7.

Table 8.

Table 9.

Table 10.

Table 11.

Table 12.

Table 13.



### Fried Cucumbers

4 medium-sized cucumbers	$\frac{1}{2}$ teaspoon salt
1 egg	1 cup flour
1 cup milk	

Pare the cucumbers and cut them lengthwise in thin slices. Beat the egg slightly, add the milk and salt, pour this liquid into the flour, and stir until smooth. Dip the slices of cucumber into this batter and brown them on both sides in hot fat. Drain on paper and serve hot.

### Stuffed Egg Plant

1 large eggplant	1 cup cooked string beans, peas, or other left-over vegetables
4 tablespoons melted butter or other fat	1 teaspoon salt
$1\frac{1}{2}$ cups bread crumbs	Pepper
1 small onion, finely chopped	

Wash and cut the eggplant in half lengthwise. Remove as much of the white portion as possible without breaking the shell, cut the pulp into small pieces, cook in a small quantity of hot water for 10 minutes, or until tender, and drain. To the melted fat add the bread crumbs, stir until well mixed, and reserve half of the crumbs for the top. To the remaining crumbs add the other ingredients and the eggplant pulp, mix thoroughly, pile lightly into the eggplant shells, sprinkle the top with crumbs, place in a shallow baking dish, pour a few tablespoons of hot water around the shells to keep them from sticking, and bake in a moderate oven for 30 minutes. Serve in the baking dish.

### Baked Tomatoes with Ham

Slice of ham, $\frac{1}{2}$ inch thick	Pepper
4 firm, ripe tomatoes	1 tablespoon sugar
Salt	Buttered bread crumbs

Cover the slice of ham with water and bring to the boiling point. Pour off the water; cut the ham in pieces for serving, and cook until well browned on both sides; then place in a baking dish. Cover the ham with slices of tomatoes; season with salt and pepper, and sugar if desired, sprinkle buttered bread crumbs over the tomatoes, cover, and cook for  $\frac{3}{4}$  to 1 hour in a moderate oven. When the ham is tender, remove the top of the baking dish and allow the bread crumbs to brown. Garnish with chopped parsley and serve from the dish.

### Okra, Tomatoes, and Rice

1 pint sliced okra	1 onion
4 or 5 large tomatoes, or	1 teaspoon salt
1 quart canned tomatoes	$\frac{1}{2}$ pint water (if needed)
1 large green pepper	Boiled rice

Cook together all of the ingredients except the rice, for about  $\frac{1}{2}$  hour, or until fairly thick. Serve around a mound of boiled rice which has been cooked so as to be fluffy and dry with distinct grains.

For variation, minced parsley, chopped celery, or sweet corn cut from the cob may be added to this mixture.

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U. S. DEPARTMENT OF AGRICULTURE  
OFFICE OF INFORMATION  
PRESS SERVICE



WASHINGTON, D. C.

RELEASE FOR PUBLICATION  
AUGUST 10, 1932 (WEDNESDAY)

THE MARKET BASKET

by

The Bureau of Home Economics, U. S. Department of Agriculture

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FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

:	:
:	:
: Every meal -- Milk for children, bread for all	:
: Every day --	:
: Cereal in porridge or pudding	: Two to four times a week --
: Potatoes	: Tomatoes for all
: Tomatoes (or oranges) for children	: Dried beans and peas or peanuts
: A green or yellow vegetable	: Eggs (especially for children)
: A fruit or additional vegetable	: Lean meat, fish, or poultry or
: Milk for all	: cheese
:	:

MEATS IN THE LOW-COST SUMMER MENU

The important thing about summer diets, as about winter, spring or autumn diets, says the Bureau of Home Economics of the U. S. Department of Agriculture, is that they be balanced in the different kinds of food value. The ordinary person, of ordinary activity, under ordinary circumstances, will probably not accomplish much toward greater comfort in hot weather by eliminating or reducing any of the principal articles of food in a well-balanced diet. On that point the best rule is to regulate the quantity of all food by the amount of physical activity. If hot weather brings less activity, then less food is needed to maintain the body in comfort. But keep the balance! Use some of all the necessary kinds of food!

Balancing the low-cost summer diet then brings us back to the business of discovering the best buy of its kind, in each of the great food groups -- namely, milk and cheese, vegetables and fruits, bread and cereals, fats and sugars, eggs,





lean meat, and fish. But in particular, on this occasion, what are the best buys and the most seasonable summer meats?

Meats are popularly supposed to differ in their suitability for the summer diet. The demand for fresh pork diminishes in summer, the meat dealer will tell you, apparently for this reason. But the Bureau of Home Economics says that it is largely the method of preparation and serving, along with tradition, that makes one meat or another seem cooler and more seasonable. Meat serves very much the same food purposes in the diet, summer and winter. It has its place alike in hot weather and in cold.

One of the best buys just now, and a seasonable dish as well, the bureau suggests, is corned beef. This may be pressed and served cold in slices or for sandwiches. The cheapest pieces -- corned beef plate and navel, which have been selling in city markets at 5, 8, and 10 cents a pound, do very well for this, and also for corned <sup>hash</sup> beef/has which is so much enjoyed.

Almost as cheap is breast of lamb for stews, or for curry of lamb; or cured pork shoulder. Then there is the smoked boneless shoulder butt, sold under various trade names, which is especially suitable for small families.

Although some meat prices have gone up lately, fresh pork shoulder, shoulder of veal, and forequarter of lamb are still cheap, costing in the city markets 14 to 18 cents a pound. Fresh ham and smoked ham are retailing at less than 20 cents a pound.

A curried meat is especially recommended as a good and economical summer meat dish by Miss Lucy M. Alexander, the bureau's specialist in meat cookery. "For this the cheapest stew meat will do", she says, "and it is an excellent way to use up any left-overs of cooked lamb or veal, or fresh pork. The curry flavor is most appetizing in hot weather". Either tart apples, celery, or green tomatoes combine well with meat in curries.



Miss Alexander also suggests the use of bacon in summer "A few slices of crisp, delicately browned bacon on a serving of quick-cooked cabbage or summer squash or swiss chard, makes a very satisfying combination".

Ground ham in French toasted sandwiches makes an attractive breakfast, lunch, or supper dish, and liver paste, especially for children's sandwiches, is a suggestion for summer. Beef, pork, or lamb liver may be used for this.

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WEEKLY LOW COST FOOD SUPPLY FOR A FAMILY OF FIVE  
including two adults and three children

Bread . . . . .	12 - 16 lbs.
Flour . . . . .	1 - 2 "
Cereal . . . . .	4 - 6 "
Whole fresh milk, or . . . . .	23 - 28 qts.
Evaporated milk . . . . .	23 - 28 tall cans
Potatoes . . . . .	15 - 20 lbs.
Dried beans, peas, peanut butter . . . . .	1 - 2 "
Tomatoes, fresh or canned, or citrus fruits . . . . .	6 "
Other vegetables (including some of green or yellow color) and inexpensive fruits . . . . .	15 - 18 "
Fats, such as lard, salt pork, bacon, margarin, butter, etc. .	2½ "
Sugar and molasses . . . . .	3 "
Lean meat, fish, cheese, and eggs . . . . .	5 - 7 "
Eggs (for children) . . . . .	8 eggs

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MENU FOR ONE DAY  
Breakfast

Grapes or Plums  
Tomato Juice for Youngest children  
Cornmeal Griddle Cakes -- Syrup  
Coffee (adults) -- Milk (children)

Dinner

Pressed Corned Beef --Horseradish  
Fried Potatoes --Creamed Onions  
Bread and Butter  
Coffee or Tea for adults  
Milk for children

Supper

Tomato and Egg Salad on Lettuce  
Toast  
Coffee Cake and Chocolate Milk Drink





## RECIPES

### Press Corned Beef

Cook several pounds of corned beef in water that is just below boiling for 3 or 4 hours or until the meat is tender. If the corned beef is very salty change the water several times. While the meat is hot separate gristle and excess fat from the lean. Lay the pieces of lean meat in a bread pan so that the grain of the meat runs lengthwise, and add a little of the meat broth. Cover the meat with heavy paper or cheese cloth, and press it down with a heavily weighted pan or board. Chill overnight in the coldest part of the refrigerator. Turn the pressed meat out of the pan, slice very thin across the grain, and serve with horseradish or a spicy relish.

### Curried Lamb

3 cups chopped cooked lean lamb	3 tablespoons butter or other fat
1½ cups chopped celery and tops	1/8 teaspoon curry
1 medium-sized onion, chopped	3 dashes tabasco
¾ cup brown gravy or broth	Salt

Cook the celery and onion in the butter or other fat. Add the meat, gravy, and seasonings. Stir until well mixed and hot. If too dry, add one-half cup of boiling water. Serve the curried lamb with a border of flaky boiled rice, garnished with parsley.

### French Toasted Ham Sandwiches

Mix ground cooked ham with enough butter or other fat to spread easily on bread. Make sandwiches with this ham filling. Beat up two eggs with 1 cup of milk, and dip the sandwiches lightly on both sides into the egg and milk. Fry the sandwiches until golden brown. Serve hot with a pickle relish.

If desired, such seasonings as onion, horseradish, or chopped celery may be added to the ground ham.

### Liver Paste

For liver paste, broil slices of liver or simmer the whole piece in water until tender. Mash or grind the cooked liver, and mix with fat and seasonings in the proportions of 2 tablespoons each of chili sauce, chopped celery, and butter or other fat to 1 cup of ground liver, and add salt and pepper to taste. Use the liver paste as spread for sandwiches.

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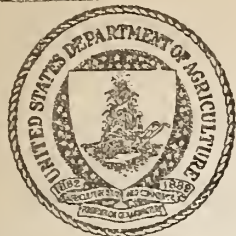
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RELEASE FOR PUBLICATION  
AUGUST 17, 1932 (WEDNESDAY)

WASHINGTON, D. C.

### THE MARKET BASKET

by

The Bureau of Home Economics, U. S. Department of Agriculture

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### FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

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Every meal -- Milk for children, bread for all	:
Every day --	Two to four times a week --
Cereal in porridge or pudding	Tomatoes for all
Potatoes	Dried beans and peas or peanuts
Tomatoes (or oranges) for children	Eggs (especially for children)
A green or yellow vegetable	Lean meat, fish, or poultry or
A fruit or additional vegetable	cheese
Milk for all	:

### LOW-COST SALADS FOR SUMMER DAYS

Midsummer days call for salads. A salad can be made without cooking, it can be made of almost any kind of food. Therefore it can be very cheap; and of many different combinations. The very word suggests cool freshness, and the salad itself makes good the promise, with a stimulating tang and a crisp store of nutrients besides.

The word salad comes, the dictionary says, from the Latin word meaning salted, and it has been applied since early history to green vegetable foods with salt-sour seasoning. We use more vegetables and fruits in salads nowadays than our grandmothers did, however, and we broaden the term to cover almost any cold mixture of foods, with an acid, or an acid and oil dressing. To the modern housewife, moreover, as to the food scientist, the salad is a convenient means of balancing a meal otherwise too heavy with fat or protein or starch.

Consider the salad, suggests the Bureau of Home Economics of the U.S. Department of Agriculture, for its vitamins and minerals. Almost every salad







includes green leaves, usually lettuce, cabbage, watercress, romaine, or endive, according to the local market and the price. Even if it has no other ingredient, a salad provides in any one, or any combination, of these leaves a rich store of vitamin A, vitamin B, vitamin E, and vitamin G, some iron, some calcium and other mineral salts. Vitamin A is the member of the vitamin family that helps to protect the human body against a number of troublesome infections, especially in the eyes, ears, sinuses, mouth, and throat.

Vitamin B promotes appetite and good digestion, and as this vitamin is easily destroyed by heat, green salads are a valuable source because they are not cooked. Vitamin E is essential to the reproductive functions of the body.

Thus the simplest green-leaf salad supplies four vitamins and several minerals. Add raw tomatoes to the green leaves and you have enriched the salad in vitamins A and B, and added one of the richest of all sources of vitamin C. Vitamin C is that highly essential vitamin which prevents sore gums, sore joints, and other conditions which in the acute stage are the disease called scurvy, hence vitamin C is known as the anti-scorbutic vitamin.

Cabbage salad, made of shredded cabbage on a cabbage or lettuce leaf, or in the form of cole slaw, is rich in vitamins A and B, and particularly vitamin C, cabbage being one of the best sources of this vitamin. Shredded cabbage with chopped or grated or sliced carrots makes a salad which gives double value, for carrots are nutritious too. Green pepper, chopped or cut in rings, onions chopped or sliced, add their bit of food value, with their distinctive flavor and crispness. Because some vitamins are destroyed by heat, raw salads are richest in vitamins.

The salad of cooked vegetables is of course a most convenient method of using up left-overs. Beans, beets, peas, carrots, cauliflower, and potato,

alone or in combination, with something raw for crispness, and lettuce or cress or celery leaves for greens, make an easy substitute for hot vegetables on hot days, and with no loss to the meal in food value.



Cottage cheese, or eggs, or meat, or fish in salad increase the nutritive value greatly. All these foods are rich in excellent protein; cheese is especially valuable as a source of calcium and phosphorus. Eggs are also rich in calcium and phosphorus and in addition supply vitamins A,B, and D; meat and eggs are rich in iron and vitamin G; tuna fish, salmon, and sardines are rich in vitamin D.

In other words, the salad, especially the vegetable salad or the salad made of citrus fruits, besides being a cool and appetizing dish for summertime, is probably the most attractive, convenient, effective, and the cheapest way to provide the family with most of the "protective foods" other than milk and butter. The vitamins and mineral salts, which are abundant in green vegetables, in carrots and in tomatoes, in grapefruit and oranges, are served with least loss in these foods eaten raw.

WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE  
including two adults and three children

Bread . . . . .	12 - 16 lbs.
Flour . . . . .	1 - 2 "
Cereal . . . . .	4 - 6 "
Whole fresh milk, or . . . . .	23 - 28 qts.
Evaporated milk . . . . .	23 - 28 tall cans
Potatoes . . . . .	15 - 20 lbs.
Dried beans, peas, peanut butter . . . . .	1 - 2 " .
Tomatoes, fresh or canned or citrus fruits . . . . .	6 "
Other vegetables (including some of green or yellow color) and inexpensive fruits . . . . .	15 - 18 "
Fats, such as lard, salt pork, bacon, margarin, butter, etc..	2½ "
Sugar and molasses . . . . .	3 "
Lean meat, fish, cheese, and eggs . . . . .	5 - 7 "
Eggs (for children) . . . . .	8 eggs

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MENU FOR ONE DAY

Breakfast

Fresh fruit; Plums, Pears, or Muskmelon  
Cooked Cereal - Toast  
Tomato Juice for youngest children  
Coffee (adults) - Milk (children)







### Dinner

Liver and Cucumber Salad  
Parsley Potatoes - Corn on Cob  
Whole Wheat Bread and Butter  
Milk for Children

OR

### Dinner

Mixed Vegetable Salad (peas, grated  
raw carrots, shredded cabbage)  
American Cheese or Cottage Cheese  
Creamed Potatoes  
Hot Muffins  
Milk for Children

### Supper

Crisp Bacon - Panned Cabbage  
Banana Butter Cakes - Sirup  
Milk for all

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### SUGGESTED COMBINATIONS FOR VEGETABLE SALADS

1. Diced cooked beets, cooked snap beans, chopped dill pickle.
2. Shredded cabbage, chopped green pepper, chopped onion, chopped peanuts.
3. Cooked or canned snap beans, diced cooked carrot, chopped onion or chopped celery.
4. Cooked green lima beans, diced tomato, diced cucumber, chopped onion.
5. Cooked or canned peas, grated raw carrots, shredded cabbage.

### Liver and Cucumber Salad

1½ pounds liver, broiled and chopped	1 onion, diced
1 medium sized cucumber, diced	Mayonnaise

Use chilled, broiled liver cutting it into fine pieces. Mix with the other ingredients and serve on crisp lettuce.

### Mayonnaise Variations

1. Mayonnaise, chopped pickle, finely chopped celery.
2. One cup mayonnaise, 1/2 cup chili sauce, catsup, or cooked tomato. If desired, add a little chopped celery or green pepper, or pickle if catsup is used.

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RELEASE FOR PUBLICATION  
AUGUST 24, 1932, (WEDNESDAY)

WASHINGTON, D. C.

### THE MARKET BASKET

by

The Bureau of Home Economics, U. S. Department of Agriculture

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:	A fruit or additional vegetable	:	cheese	:
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:		:		:

### SUMMER DESSERTS - - ESPECIALLY FRUIT

The simplest of all desserts, at any time of year, is, of course, just fruit. Raw fruit, cooked fruit, canned fruit. And fruits, like vegetables, supply the particular kinds of nutrients most likely to be lacking in a low-cost diet -- namely, minerals and vitamins.

One of the good things about fruit is that we eat so many kinds raw. Some vitamins are destroyed by cooking, and there is some loss of minerals in cooked foods unless all the juice is used. Few people need to be persuaded to eat fruits raw -- but they want most vegetables cooked. It is to make sure of enough vitamins that nutritionists urge everybody to eat raw fruit regularly.

Of the fruits now in season in various parts of this country, blueberries, watermelon, muskmelon, peaches, apples, pears, plums, grapes, quinces, all have their special food value as well as the characteristics that make them popular.





Used in any meal, or any part of a meal, they help to balance the diet.

Such very different types of fruit as blueberries and quinces are both good sources of food iron, and iron is one of the most essential food substances. Muskmelon, canteloupe, honey dew, casaba, watermelon, pineapple, and peaches are good sources of vitamin A and vitamin C. Peaches, pineapple, and cherries yield also vitamin B. Apricots are a good source of vitamin A, apples contain vitamin C. Thus a fruit cup, of melon balls or a mixture of fresh fruit with canned peaches, pears, pineapple or cherries, will make an attractive dessert which affords at the same time a combination of mineral and vitamin values that is very desirable. Or a bowl of mixed raw fruit -- apples, pears, peaches, plums, grapes -- a beautiful center-piece for the first part of the meal, is second to nothing in convenience also as a summer dessert.

The plain fruit dessert, the fruit cup or jellied fruit juices or frozen fruit dessert, would balance, say, a meal of meat and potatoes. A fruit pie or a cobbler, a shortcake, a cornstarch, rice, or tapioca pudding, with its starch and fat along with fruit filling or flavoring, is better with a meal that includes a vegetable like cabbage, or carrots, or tomatoes, snap beans, or turnip greens, or a raw salad, for these vegetables are rich in minerals and vitamins, which need not then be so fully provided in the dessert. Blueberries, though not such familiar shortcake filling as are other berries and peaches, are often used for this purpose in New England, the berries being first cooked with a little sugar.

Cup cakes, or plain cake of any kind, either fresh or left-over, can be varied for dessert by splitting the cake, putting fruit between the layers and serving with sauce. Quinces, with their fine flavor, if cooked in a thin sugar sirup, may be attractively served with rice or custard.





Using each fruit in its season in as many different kinds of dessert as possible is of course one way to be economical with that particular food resource. Where berries are cheap, or grapes or peaches are plentiful, the changes may be rung with each in turn, as fresh raw fruit, fruit in pies, dumplings, shortcakes, cobblers, Dutch cakes (with fresh fruit sliced on top), upside-down fruit cake, thickened puddings with fruit, tapioca, custards, jellied fruits and fruit juices, cakes with fruit, frozen fruit desserts.

With ice chest or refrigerator in the house, it is easy to have jellied desserts. With a freezer, milk sherbets, fruit ices and ice creams can be made without much expense. With a mechanical refrigerator, or even a tightly closed mold packed in a pan or pail of ice and salt, it is possible to make the richer frozen desserts, such as mousse, in which evaporated milk may be substituted for the more expensive cream called for in most recipes.

- - - - -  
WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE  
including two adults and three children

Bread . . . . .	12 - 16 lbs.
Flour . . . . .	1 - 2 "
Cereal . . . . .	4 - 6 "
Whole fresh milk, or . . . . .	23 - 28 qts.
Evaporated milk . . . . .	23 - 28 tall cans
Potatoes . . . . .	15 - 20 lbs.
Dried beans, peas, peanut butter . . . . .	1 - 2 "
Other vegetables (including some of green or yellow color) and inexpensive fruits . . . . .	15 - 18 "
Fats, such as lard, salt pork, bacon, margarin, butter, etc. . .	2½ "
Sugar and molasses . . . . .	3 "
Lean meat, fish, cheese, and eggs . . . . .	5 - 7 "
Eggs (for children) . . . . .	8 eggs
Tomatoes, fresh or canned, or citrus fruit . . . . .	6 lbs.

- - - - -  
MENU FOR ONE DAY

Breakfast

Hot Cereal - Toast  
Tomato Juice for Baby  
Coffee (adults) - Milk (children)



Dinner

Brown Stew with Onions and Potatoes  
Sliced Tomatoes  
Whole Wheat Bread and Butter  
Fresh Peach Pie, Dumplings, or Short Cake  
Milk for children

Supper

Corn Pudding - Toast  
Fresh Fruit - Cheese  
Milk for all

RECIPES

Peach Tapioca

$\frac{1}{4}$  cup quick-cooking tapioca  
1 pint hot water  
1 cup sugar  
1 tablespoon butter

$\frac{1}{2}$  teaspoon salt  
1 tablespoon lemon juice  
1 cup peach juice  
2 cups sliced, canned peaches

Cook the tapioca and water in a double boiler for 15 minutes, add the sugar, butter, salt, and lemon and peach juice, which has been drained from the peaches. In a greased baking dish, make alternate layers of the tapioca and peaches arranged so that a layer of the peaches comes on top. Bake in a moderate oven (350°F.) for about 30 minutes, or until brown on top. Serve either hot or cold.

Grape Pie

5 cups Concord grapes  
1 cup sugar  
2 tablespoons cornstarch

$\frac{1}{8}$  teaspoon salt  
1 tablespoon lemon juice  
Pastry

Pull the grapes from the stems. Slip off the skins, and keep them separate from the pulp. Heat the juice and pulp for about five minutes. Then rub the pulp through a sieve to remove the seeds. Combine the sugar, cornstarch, and salt, mix with the grape pulp, and cook for about 10 minutes, stirring constantly. Then add the grape skins and lemon juice, and pour the fruit filling into a pie pan lined with pastry. Cover the top with strips of pastry, and bake in a hot oven for about 30 minutes.

Lemon Sherbet

2 cups milk and 1 cup cream,  
or 3 cups rich milk  
 $1\frac{1}{4}$  cups sugar

1 cup lemon juice  
 $\frac{1}{2}$  cup water  
 $\frac{1}{4}$  teaspoon salt

Heat 1 cup of the milk, add the sugar, stir until the sugar is dissolved, and add the other ingredients. Use a freezing mixture of 1 part of salt and 4 to 6 parts of ice, and turn the crank of the freezer slowly. After freezing, remove the dasher, pack the freezer with more ice and salt, and let the sherbet stand for an hour or more to ripen the flavor.

Baked Pears

Wash the pears, cut in half, core, and place in a baking dish. Sprinkle with sugar and a little salt, dot with butter, add very little water, cover, and bake in a moderate oven (350°F.). As soon as the fruit becomes soft, remove the cover so that the sirup will cook down. Serve hot or cold with or without cream.





# INFORMATION FOR THE PRESS



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*Chaffin*  
*Adams*

### THE MARKET BASKET

by

The Bureau of Home Economics, U. S. Department of Agriculture

- - -

### FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

:	:
:	:
:	Every meal -- Milk for children, bread for all.
:	:
:	:
:	Every day --
:	Two to four times a week --
:	Cereal in porridge or pudding
:	Tomatoes for all
:	Potatoes
:	Dried beans and peas or peanuts
:	Tomatoes (or oranges) for children
:	Eggs (especially for children)
:	A green or yellow vegetable
:	Lean meat, fish, or poultry or
:	A fruit or additional vegetable
:	cheese
:	Milk for all
:	:
:	:

### AFTER THE MILK ARRIVES

The milk item in the household food supply has two important aspects. Not only must it be good, safe milk -- which really is not difficult to get in these days of rigid milk inspection -- but it must be kept good and safe after it comes to the house. This requires knowledge and care -- care which is all the more important in the households where milk is needed most.

The household where milk is needed most, say the scientists, is one where there are children, and where there may be little variety of other kinds of food. Milk safeguards a restricted diet. It has so many kinds of food value that it can often make up for lack of other foods. But milk spoils easily, because bacteria flourish on the very substances which make it so valuable to human beings.

Some bacteria, especially the lactic acid bacteria, are always present and





they are harmless, but if not checked by low temperature or pasteurization, or both, they cause the milk to sour. On the other hand, milk not properly cared for has been known to carry dangerous kinds of bacteria that cause disease. That is the reason, of course, for the rigid inspection of milk by public authorities. But no amount of public inspection, no amount of care and precaution on the part of the milk producers and milk dealers, can prevent spoilage of milk after it leaves their hands. It is up to the consumer then.

A good general rule for the household is to use milk within a few hours after it is delivered. Or if it is bought at a neighborhood store, don't buy it until just before using, thus leaving it in the store refrigerator as long as possible. With a good household refrigerator, milk can be kept longer, of course, but a temperature of 45° Fahrenheit or lower is needed, according to the experts, if the milk is to be kept for 24 hours or more. Even the inexpensive little ice chest, however, will keep milk overnight.

Without a refrigerator, various devices will delay souring, such as keeping the bottle under a slow drip of tap water, or covering it with clean, damp cloths in some cool dry place. In any case, today's milk will be better than yesterday's milk for drinking, and yesterday's milk, if any is left over, can be made safe by boiling it, or using it in cooking. Cooking destroys the bacteria.

If milk would have to be held several hours before using, and if there is no refrigerator, the Bureau of Home Economics suggests that a good alternative to ~~fresh~~ fresh milk is evaporated milk, which comes in cans small enough to avoid the danger of a left-over portion and which will keep indefinitely in the unopened can. Evaporated milk, moreover, in many places and under many conditions, costs less than fresh milk, yet it contains much the same food values.



For the care of milk, the Bureau of Dairy Industry of the Department of Agriculture has a series of suggestions for consumers. In general, say these authorities and they put it in capital letters, "KEEP MILK CLEAN, COVERED, AND COLD." They say also:

Consult the health department before selecting your milk dealer.

Buy only bottled milk. Dipped milk is often dirty and lacking in cream.

Take milk into the house as soon as it is delivered, and put it in the refrigerator (or the coolest place in the house) immediately. Bacteria increase rapidly in milk which stands in the sun or warms up, and such milk will sour quickly.

Keep milk in the original bottle in the refrigerator until the moment of serving. Milk which has been poured from the bottle should not be returned to it.

Keep the bottle covered with a paper cap or an inverted tumbler, to prevent the entrance of flies and dust, which may carry dangerous bacteria into the milk, and to keep the milk from absorbing odors.

Wash milk bottles as soon as emptied, by rinsing first with lukewarm water and then with hot water. If there is an infectious disease in your house, do not return any bottles except with the knowledge of the health department and under conditions which it may prescribe.

Suppose, however, the milk does sour-- and this, by the way, will happen to pasteurized milk as well as to raw milk. Many a cook delights in such an opportunity to serve the family with sour-milk biscuits, muffins, corn bread, batter cakes, gingerbread, devil's food cake, or cottage cheese.

In baking, sour milk may be substituted for sweet milk in equal quantities, with soda to neutralize the acid. In the case of thin batters the soda and sour milk generally furnish enough leavening, but for thick batters or doughs baking powder is usually needed in addition. Thus for griddle cakes, 1 cup of sweet milk and 2 teaspoons of baking powder may be replaced by 1 cup of sour milk and a scant half-teaspoon of soda. For biscuits, with the same proportions of sour milk and soda, add 2 teaspoons of baking powder.

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including two adults and three children

Bread . . . . .	12 - 16 lbs.
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Cereal . . . . .	4 - 6 "
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Evaporated milk . . . . .	23 - 28 tall cans
Potatoes . . . . .	15 - 20 lbs.
Dried beans, peas, peanut butter . . . . .	1 - 2 "
Tomatoes, fresh or canned, or citrus fruits . . . . .	6 "
Other vegetables (including some of green or yellow color) and inexpensive fruits . . . . .	15 - 18 "
Fats, such as lard, salt pork, bacon, margarin, butter, etc. . .	2½ "
Sugar and molasses . . . . .	3 "
Lean meat, fish, cheese, and eggs . . . . .	5 - 7 "
Eggs (for children) . . . . .	8 eggs

MENU FOR ONE DAY

Breakfast

Ready-to-serve cereal - Top milk  
Sour milk batter cakes - Sirup  
Coffee (adults) - Milk (children)  
Tomato juice and toast for youngest child

Dinner

Fresh fish, fried - Potatoes, boiled in skins  
Carrots cooked in milk  
Sliced peaches or other fresh fruit  
Hot tea (adults) - Milk (children)

Supper

Potato and Cucumber Salad  
Crackers or Toast  
Gingerbread  
Milk for all.

RECIPES

Sour Milk Cottage Cheese

1 quart freshly clabbered milk                      Salt  
1 quart boiling water                                  Pepper

Pour boiling water over the clabber. Let stand until curd separates. Turn into cheesecloth bag and let hang until whey has drained. Break and moisten curd with 2 tablespoons of melted butter. Season to taste. Sweet or sour cream may be added, for greater smoothness and better flavor.

Gingerbread

1/3 cup fat	1/2 teaspoon soda
1/2 cup sugar	1/2 teaspoon salt
1 cup molasses	1 teaspoon ginger
1 egg	1/2 teaspoon cloves
3 cups sifted soft-wheat flour	1/2 teaspoon cinnamon
4 teaspoons baking powder	1 cup milk

Cream together the sugar and fat. Add the molasses and beaten egg. Sift the dry ingredients together twice and add to the first mixture alternately with the milk. Bake in two shallow pans in a moderate oven (350°F.) for 30 to 40 minutes. Serve with cream cheese or whipped cream.

One cup of sour milk may be used instead of the sweet milk. In that case, use 1 scant teaspoon of soda in place of the one-half teaspoon now called for, and use only 2 teaspoons of baking powder.

THE UNIVERSITY OF CHICAGO

DEPARTMENT OF THE HISTORY OF ARTS

THE UNIVERSITY OF CHICAGO  
DEPARTMENT OF THE HISTORY OF ARTS  
OFFICE OF THE DEPARTMENT  
1100 EAST 58TH STREET  
CHICAGO, ILLINOIS 60637  
TELEPHONE 777-1000  
FAX 777-1000  
WWW.CHICAGO.EDU

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OFFICE OF THE DEPARTMENT  
1100 EAST 58TH STREET  
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